

Black Bean Fiesta Wrap

Makes: 50 or 100 Servings

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Black beans, canned, rinsed, drained		3 qts		1 1/2 gals
Rice, cooked, cooled		3 qts		1 1/2 gals
Carrots, shredded	1 1/2 lbs	1 1/2 qts	3 lbs	3 qts
Lettuce, shredded	1 1/2 lbs	1 1/2 qts	3 lbs	3 qts
Red Cabbage, Shredded	1 1/2 lbs	1 1/2 qts	3 lbs	3 qts
Italian salad dressing		3 cups		1 1/2 qts
Salt		2 tsp		4 tsp
Black peppeer		1 tsp		2 tsp
Flour tortillas		50		100
Tomato slices		50		100

Nutrition Information

Nutrients	Amount
Calories	288
Total Fat	8 g
Saturated Fat	1 g
Cholesterol	N/A
Sodium	852 mg
Total Carbohydrate	47 g
Dietary Fiber	5 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	8 g
Vitamin D	N/A
Calcium	94 mg
Iron	3 mg
Potassium	N/A
N/A - data is not available	

Directions

1. Combine beans, rice, carrots, lettuce, and cabbage in large bowl.
2. Toss with dressing. Season with salt and pepper.
3. Place 1 cup bean and vegetable mixture on each tortilla; top with a tomato slice and roll up.

Source: Physicians Committee for Responsible Medicine